

## MAYONNAISE

2 egg yolks or 1 whole egg  
½ tsp dry mustard  
1 tsp salt  
Dash cayenne  
1-cup salad or olive oil  
2 Tbsp lemon juice or vinegar

1. In small bowl, with portable electric mixer at medium speed, beat egg yolks, mustard, salt and cayenne until thick and lemon-colored.
2. Add ¼-cup oil, one drop at a time beating until thick.
3. Gradually add 1 Tbsp lemon juice, beating after each addition. Then add ½-cup oil, in a steady stream, beating constantly.
4. Slowly add remaining lemon juice and then remaining oil, beating constantly.
5. Refrigerate, covered, until ready to use.

Makes 1 ¼ cups.

## MAYONNAISE

2 tsp dry mustard  
1 Tbsp lemon juice  
1 tsp salt  
1 tsp sugar  
Dash cayenne pepper

2 egg yolks  
1  $\frac{3}{4}$  cup salad oil  
2 Tbsp vinegar  
1 Tbsp lemon juice

1. In cold bowl, with hand beater or electric mixer at medium speed, beat mustard with 1 tbsp lemon juice, salt, sugar, and cayenne.
2. Beat in egg yolks; then beat in oil, drop by drop, until  $\frac{1}{4}$  cup has been added.
3. Continue beating in oil slowly; when mixture is thick, beat in vinegar and 1 tbsp lemon juice alternately with oil until all are used.
4. Store, covered, in least cold part of refrigerator. If too cold mayo may separate.

Makes 2 cups.

## BASIC COOKED SALAD DRESSING

2 Tbsp all purpose flour  
2 Tbsp sugar  
1 tsp salt  
1 tsp dry mustard  
Dash Cayenne or paprika  
1 cup milk  
½ cup lemon juice or vinegar  
2 egg yolks, well beaten  
2 Tbsp butter or margarine

1. In a small saucepan, combine flour with sugar, salt, mustard, and cayenne. Gradually stir in milk.
2. Cook, stirring over low heat, until mixture begins to boil; boil 1 minute. Remove from heat.
3. In small bowl, gradually stir lemon juice into egg yolks; then stir in hot mixture a little at a time. Pour back into saucepan.
4. Cook stirring over low heat until mixture boils; boil 1 minute. Remove from heat.
5. Stir in butter. Let cool.
6. Store, covered, in refrigerator.

Makes 1 ½ cups

## **RASPBERRY DRESSING**

1 10 ½ oz pkg frozen raspberries, thawed

½ tsp prepared mustard

¼ tsp salt

2 Tbsp vinegar

¼-cup salad oil

Press berries through strainer, set aside puree. Combine mustard, salt and vinegar; gradually add oil, beating with hand beater until slightly thickened. Slowly add raspberries, beating constantly. Nice on cottage or cream cheese salad, or almost any fruit salad.

Makes about 1 cup.

## **HORSERADISH HERB DRESSING**

1 1/2 tbsp horseradish  
1-cup commercial sour cream  
1 tbsp tarragon vinegar  
1 tbsp snipped chives  
1 tbsp snipped fresh dill or 1 tsp drilled dill  
1 tbsp sugar  
3/4 tsp salt  
1/4 tsp paprika

1. Combine horseradish, sour cream, and vinegar; mix until smooth.
2. Stir in chives, dill, sugar, salt and paprika. Refrigerate, covered, at least 15 min.
3. 3. Serve over tossed greens, sliced tomatoes or cucumbers, or fresh fruit salad.

Makes 1 cup.

## **BIG THOUSAND ISLAND DRESSING**

1 clove garlic, halved  
1/2 cup mayonnaise  
2 Tbsp light cream  
2 Tbsp chili sauce  
2 Tbsp chopped green pepper  
1/4 cup coarsely cup up stuffed olives  
1 hard cooked egg, coarsely cup up  
1/2 tsp salt  
1/2 tsp paprika

Rub garlic well on inside of small bowl; discard. In bowl, blend mayonnaise with cream and chili sauce; add rest of ingredients; stir lightly. Refrigerate.

Makes 1 1/4 cup.

## LOW CALORIE FRENCH DRESSING

$\frac{3}{4}$ -cup water  
2 tsp cornstarch  
 $\frac{1}{4}$  cup lemon juice  
 $\frac{3}{4}$  tsp salt  
1  $\frac{1}{2}$  tsp sugar  
2 Tbsp salad oil  
1 tsp horseradish  
1  $\frac{1}{4}$  tsp prepared mustard  
 $\frac{1}{2}$  tsp paprika  
1 clove garlic  
 $\frac{1}{2}$  tsp Worcestershire  
 $\frac{1}{4}$  cup Ketchup

Simmer water with cornstarch over low heat, stirring until clear and thickened (about 5 minutes). Cool. Add lemon juice and rest of ingredients; with hand beater or electric mixer, beat until smooth and blended. Refrigerate. Shake before using.

Makes about 1  $\frac{1}{4}$  cups. 20 calories per tbsp.

## **CUCUMBER DRESSING**

$\frac{1}{2}$  small cucumbers

1-cup mayonnaise or cooked salad dressing

$\frac{1}{4}$  tsp cayenne.

1. Peel cucumber. Halve lengthwise; remove seeds from center and discard. Chop cucumber finely; measure  $\frac{1}{2}$  cup
2. Combine cucumber with remaining ingredients, mixing well.
3. Refrigerate, covered, until ready to use.

Makes 1  $\frac{1}{2}$  cups.

## **EASY RUSSIAN DRESSING**

1-cup mayonnaise or cooked salad dressing

2/3 cup chili sauce

½ cup finely chopped green onion

¼ cup finely chopped green pepper

2 Tbsp lemon juice

Dash salt

1. In a small bowl, combine mayo with rest of ingredients; mix well.

2. Refrigerate, covered, until ready to use.

Makes 2 ¼ cups

## **RUSSIAN DRESSING**

1 1/2 cup may or cooked salad dressing  
1/2 cup finely chopped cooked beets  
1 Tbsp drained prepared horseradish  
1/2 tsp salt  
2 Tbsp Caviar (optional)

Combine all ingredients in small bowl; stir until well blended.  
Refrigerate, covered at least 2 hours before serving.

## ROQUEFORT DRESSING

½-cup salad oil  
2 Tbsp wine vinegar  
2 Tbsp lemon juice  
½ tsp salt  
½ tsp celery seed  
1/8 tsp pepper  
½ tsp sugar  
½ tsp paprika  
1/3 cup crumbled Roquefort cheese

1. Combine all ingredients in jar with tight fitting lid. Shake vigorously to combine.
  2. Refrigerate until ready to use. Shake again just before using.
- Makes about 1 cup.

## **HONEY LIME DRESSING**

1 cup may or cooked salad dressing

$\frac{1}{2}$ -cup honey

1 cup heavy cream, whipped

$\frac{1}{4}$ -cup lime juice

1. In small bowl, combine all ingredients well.
2. Refrigerate, covered, until ready to use.
3. Delicious on fruit salad.

Makes about 2  $\frac{1}{2}$  cups

## **BASIC FRENCH DRESSING**

1/3 cup vinegar (white, cider wine or herb-flavored vinegar)

2/3 cup salad or olive oil

1 ½ tsp salt

¼ tsp pepper

1 tsp sugar (optional)

1 clove garlic (optional)

1. Combine all ingredients in jar with tight fitting lid; shake vigorously to blend.
  2. Refrigerate, covered, at least 2 hours before using.
- Makes 1 cup.

## FRENCH DRESSING

1-cup salad oil  
½-cup olive oil  
¼ cup dry white wine  
½ cup red-wine vinegar  
2 tsp salt  
½ tsp pepper  
½ tsp dry mustard  
½ tsp dried basil leaves  
½ cup chopped parsley  
1 clove garlic, finely chopped

1. Combine all ingredients in medium bowl; beat with rotary beater until well blended.
2. Refrigerate, covered, at least 2 hours. Shake well just before serving.

Makes about 2 ½ cups.

## ITALIAN SALAD DRESSING

½ cup finely chopped onion  
1 clove garlic, finely chopped  
¼-cup sugar  
1-cup red wine vinegar  
1-cup olive oil  
1-cup catsup  
2 sp salt 1 tsp dry mustard  
1 tsp paprika  
1 tsp dried oregano leaves

1. Combine all ingredients in jar with tight fitting lid; shake to mix well.
  2. 2. Refrigerate, covered, at least 2 hours, to blend flavors.
  3. 3. Strain to remove onion and garlic. Shake well just before using.
- Makes 2 ¼ cups.

## POPPY SEED DRESSING

$\frac{3}{4}$ -cup sugar  
1 tsp dry mustard  
1 tsp salt  
 $\frac{1}{3}$  cup cider vinegar  
1 Tbsp onion juice  
1-cup salad oil  
1  $\frac{1}{2}$  Tbsp poppy seed

1. In medium bowl, combine sugar, mustard, salt, vinegar, and onion juice.
2. Using portable electric mixer or rotary beater, gradually beat in oil until mixture is thick and smooth. Stir in poppy seed.
3. Store covered in refrigerator. This dressing is good with any fruit salad.

Makes 1  $\frac{2}{3}$  cups.

## VINAIGRETTE DRESSING

1-cup olive or salad oil  
1/3 cup red wine vinegar  
1 tsp salt  
1/8 tsp pepper  
2 Tbsp chopped capers (may sub green olives)  
2 Tbsp chopped chives

1. Combine all ingredients in jar with tight fitting lid. Shake vigorously.
2. Refrigerate the dressing until ready to use. Shake it again just before using.

Makes 1 ½ cups.

## CREAMY DRESSING

1 Tbsp flour  
1 Tbsp sugar  
1 ½ tsp salt  
½ tsp dry mustard  
2 Tbsp salad oil  
3 Tbsp cider vinegar  
1 egg, slightly beaten  
½ tsp celery seed  
¼ cup dairy sour cream

1. In top of double boiler, combine flour, sugar, salt, mustard, oil, and ½-cup water. Bring to boiling, stirring over medium heat. Mixture will be smooth and thickened.
2. In small bowl, gradually stir vinegar into egg; then stir in hot mixture, a little at a time.
3. Pour back into double-boiler top; cook stirring over hot not boiling water (water should not touch bottom of top part), until thickened - about 5 minutes. Remove from heat.
4. Stir in celery seed and sour cream. Refrigerate, covered until ready to use.

Makes 1 cup.